



## Seafood Stock

 Dairy Free

READY IN



95 min.

SERVINGS



2

CALORIES



1161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 teaspoons pepper black freshly ground
- 2 carrots unpeeled chopped
- 3 stalks celery chopped
- 10 sprigs thyme leaves fresh
- 2 garlic cloves minced
- 1 tablespoon kosher salt
- 2 tablespoons olive oil good
- 1 pound shells from shrimp

- 0.3 cup tomato paste
- 0.5 cup white wine good
- 2 cups onions yellow chopped (2 onions)

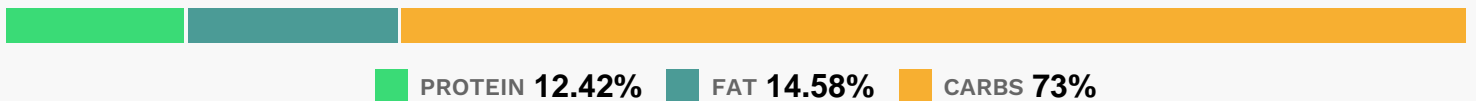
## Equipment

- pot
- sieve

## Directions

- Warm the oil in a stockpot over medium heat.
- Add the shrimp shells, onions, carrots, and celery and saute for 15 minutes, or until lightly browned.
- Add the garlic and cook 2 more minutes.
- Add 1 1/2 quarts of water, the white wine, tomato paste, salt, pepper, and thyme. Bring to a boil, then reduce the heat and simmer for 1 hour. Strain through a sieve, pressing the solids. You should have approximately 1 quart of stock. You can make up the difference with water or wine if you need to.

## Nutrition Facts



## Properties

Glycemic Index:157.42, Glycemic Load:77.42, Inflammation Score:-10, Nutrition Score:40.084347766379%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 1.86mg, Apigenin: 1.86mg, Apigenin: 1.86mg Luteolin: 3.01mg, Luteolin: 3.01mg, Luteolin: 3.01mg, Luteolin: 3.01mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 32.92mg, Quercetin: 32.92mg, Quercetin: 32.92mg, Quercetin: 32.92mg

## Nutrients (% of daily need)

Calories: 1160.88kcal (58.04%), Fat: 18.19g (27.98%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 204.91g (68.3%), Net Carbohydrates: 189.33g (68.85%), Sugar: 22.47g (24.97%), Cholesterol: 0mg (0%), Sodium: 3947.82mg (171.64%), Alcohol: 6.18g (100%), Alcohol %: 1.22% (100%), Protein: 34.87g (69.74%), Vitamin A: 11375.2IU (227.5%), Selenium: 147.32µg (210.46%), Manganese: 2.97mg (148.68%), Fiber: 15.58g (62.31%), Phosphorus: 570.1mg (57.01%), Copper: 0.99mg (49.37%), Potassium: 1639.21mg (46.83%), Magnesium: 185.87mg (46.47%), Vitamin C: 35.8mg (43.4%), Vitamin B6: 0.83mg (41.3%), Vitamin K: 42.65µg (40.62%), Iron: 6.23mg (34.6%), Vitamin B3: 6.37mg (31.85%), Vitamin E: 4.76mg (31.72%), Folate: 112.85µg (28.21%), Zinc: 4.19mg (27.96%), Vitamin B1: 0.37mg (24.65%), Vitamin B2: 0.35mg (20.84%), Calcium: 184.3mg (18.43%), Vitamin B5: 1.64mg (16.37%)